

Amendments to the Specification

Beginning on page 3, line 22, replace paragraph 4 with the following paragraph:

In order to achieve the above-described object, a first aspect of the present invention provides an optical recording method comprising: forming a recording spot by selectively using from a zero-order diffracted light component to a low-order diffracted light component of a Fourier transform image of a signal light, in the case where the recording spot is formed by intersecting reference light over signal light in which at least one of amplitude, a phase, and a polarization state has been spatially modulated according to information and the Fourier transform has been carried out with a lens system, ~~the recording spot is scanned, and the hologram is recorded in a recording layer in an optical recording medium;~~ the recording spot is scanned, and the hologram is recorded in a recording layer of the optical recording medium; setting a width of a plurality of recording tracks, which are arranged in a direction crossed at right angles with a scanning direction of the recording spot in the recording layer, according to the order of the diffracted light component so as to be larger than spread of the Fourier transform image corresponding to a maximum spatial frequency of at least the signal light; and scanning the recording spot along the recording track.